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6. Vitamin C is good for you

7. Calcium for you

United States Department of Agriculture
Food and Nutrition Service Program Aid No.1208

Migrant Demonstration Project Nutrition Education Lessons

Special Supplemental Food Program for Women, Infants and Children

March 1978
Food and Nutrition Service
U.S. Department of Agriculture
Program Aid.No. 1208

Rules for acceptance and participation in this program are the same for all, without regard to race, color, age, sex, or national origin.

Las reglas para la aceptación y participación en este programa son lo mismo para todos, sin importar la raza, el color, la edad, el sexo o el origen nacional.

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Instructor's Guide

Migrant families are often an impoverished group whose pregnant or breastfeeding women, infants, and children could benefit from the supplemental food and nutrition education provided under the Special Supplemental Food Program for Women, Infants, and Children (WIC). Although the WIC Program has tried to serve migrant families, the obstacles inherent in reaching this transient group have been extremely difficult to overcome. Therefore, in an effort to improve service to migrant fami-

lies, a migrant demonstration project has been developed.

Goals:

One goal of this project is to develop a model program for providing nutrition education to migrant WIC Program participants. To meet the unique circumstances of the migrant family, nutrition education has to do the following:

- It must be short-term and intensive, and must provide the most essential information.
- It must reflect the lifestyle of the migrant family (limited cooking facilities, limited time for parents to prepare meals, lack of refrigeration, etc.).
- Where appropriate, it must provide bilingual instruction and materials.

With these considerations in mind, a nutrition education curriculum of 11 sequential lessons has been developed for the migrants participating in the project.

Special Nutritional Needs:

Since this program is directed at the nutritional needs of Mexican-American migrants, particular attention has been given to the findings of two pertinent studies—the Ten-State Nutrition Survey¹ and a South Texas study². These studies found:

- Mexican-Americans generally need more vitamins A, D, B₁, B₂, folic acid, calcium, and iron. This is due to a lack of milk, milk products, fruits, and vegetables in their diets.
- An apparent habit of empty-calorie snacking has resulted in one or more dental caries for almost half of the children. Obesity is also a widespread problem among Mexican-Americans.

To help prevent these problems, the lessons will help you encourage participants to:

1. Eat more fresh fruits and vegetables and their juices, especially those rich in vitamins A and C.
2. Use more milk and milk products. Since cost and refrigeration may limit the consumption of milk, encourage the use of dry milk for children and adults.
3. Eat more nutritious snacks and less empty-calorie snacks. Eat foods from the four food groups instead of empty-calorie foods.
4. Eat more iron-rich foods.

It is important to remember that each participant is an individual with his or her own dietary needs. Some may be lacking in calories. Others may have specific problems like obesity, toxemia of pregnancy, or diabetes, and may need special dietary counseling. Therefore, when presenting the lessons, it is important that you keep in mind the dietary needs of each participant.

Curriculum:

Each of the 11 lessons runs about 10 minutes in length. Each contains charts for your viewing and use, and illustrations or visual charts which reinforce the lesson you are teaching to the participants. The instructor's charts include:

- The lesson title and number
- The overall concept of the lesson
- The specific objectives participants should learn
- Activities to reinforce each lesson
- Pre-test questions
- The actual lesson you will teach
- Post-test questions and answers
- Teaching aids and references

The pre- and post-test questions will help you determine how much the WIC participant has learned from the lesson materials. This will help you, as professionals and paraprofessionals, evaluate the effectiveness of the lessons and the participants' progress. Each time a participant completes a lesson, you will note each completed lesson on the participant's verification of certification card and project participation log. (See instructions for completing the WIC Program verification of certification card, at the end of the instructor's guide.)

WIC participants come to the WIC clinic with different backgrounds and different needs. The lessons are designed to teach pregnant and breastfeeding mothers and parental guardians about their dietary needs and those of their infants and children. However, with some creativity, you can simplify appropriate lessons to use with groups of young children. There are directions and suggestions for conducting the lessons at the end of the Instructor's Guide.

The WIC Foods:

Throughout the lessons, reference is made to the WIC food package. As part of the WIC Program, specified nutritious foods are provided to pregnant or nursing women, infants, and children up to 5 years of age who are determined by competent professionals (physicians, nutritionists, nurses, and other health officials) to be at "nutritional risk" because of inadequate nutrition and inadequate income.

Under the WIC Program, infants receive iron-fortified formulas, cereal which is high in iron, and fruit juice which is high in vitamin C. Infants 6 months of age and older may receive fortified whole fluid milk or fortified evaporated milk instead of iron-fortified infant formula. Participating women and children receive fortified milk and/or cheese, eggs, hot or cold cereal which is high in iron, and fruit and vege-

table juice which is high in vitamin C. By stressing the nutritional value and use of the WIC foods and other foods common to the Mexican-American culture, the dietary deficiencies of the migrant population can be prevented. You should carefully explain to each participant why the foods in their WIC food package are crucial to their health. Note: To help WIC families get a better diet, make sure they know *where* and *how* to apply for food stamps.

¹*Ten-State Nutrition Survey 1968-1970*. Highlights, Department of Health, Education, and Welfare, Publication No. (HMS) 72-1834, 1972.

²Larson, L. B., Dodds, T. M., Massoth, D. M., and Chase, H. P., *Nutritional Status of Children of Mexican-American Migrant Families*. Department of Pediatrics, University of Colorado Medical Center, 4200 East Ninth Avenue, Denver, CO 80220.

General References:

1. *Guia Para Comer Mejor (A Daily Guide for Good Nutrition)*, 1974. For sale by the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402. Stock No. 0124-00192. Price: 35 cents.

2. *Guide to Good Eating* (Spanish version available). National Dairy Council, 6500 N. River Rd., Rosemont, IL 60018, 1977. Price: 5 cents.

3. *Infant Care*. Publication No. (OHD) 76-30015. U.S. Department of Health, Education, and Welfare, Office of Human Development, Office of Child Development, 1977. For sale by the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402. Price: \$1.00.

4. McWilliams, Margaret, *Nutrition for The Growing Years*. Second Edition: John Wiley and Sons, Inc., NY 10016, 1975. Price: \$12.50 plus postage.

5. *Prenatal Care* (in English and Spanish). U.S. Department of Health, Education and Welfare, Office of Child Development, 1973. For sale by the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402. Price: \$1.00.

6. *Nutrition During Pregnancy and Lactation*. Maternal and Child Health Unit, California State Department of Health, 714 P Street, Sacramento, CA 95814, 1975. Price: Single copy free.

Directions for Conducting the Lessons

Structure the lessons around the abilities and educational levels of the participants. You might ask participants to respond to the questions either orally or in writing. For example, you might ask participants to

fill in the blank, match or circle the correct answer. If reading or writing is a problem, you can ask the participant to point to or select the correct response from a group of food models, pictures of different food items, or from a display of the WIC food package.

1. Read the entire lesson *before* the instruction. Each lesson (excluding activities) is planned to be approximately 10 minutes in length.

2. Plan activities to emphasize major points in each lesson.

- a. Decide if you are going to use some or all of the activities suggested.
- b. Decide when to do which activity—before, during or after the message.
- c. Select activities appropriate to the needs of the participants and to fit within the time frame available.
- d. Use filmstrips, slides, or other appropriate materials to supplement each flip chart lesson, if available.

3. *Before* the class, make or collect all materials needed:

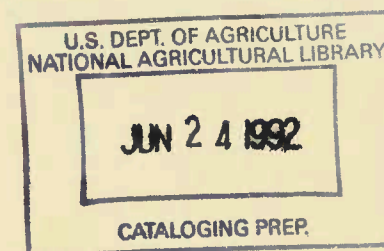
- a. Handouts for participants
- b. Posters or other audiovisuals, as needed
- c. Paper, pencils, magic markers, chalk
- d. Blackboard, posterboard, newsprint
- e. Food models or pictures of food
- f. All food and equipment needed for cooking demonstrations

Instructions for Completing the WIC Program Verification of Certification Card

Each participant certified for participation in the WIC Program will receive a WIC Program verification of certification card. The participant will keep this card for use during the entire migrant project.

Please note the section of the card labeled "Nutrition Education Assigned and Completed." The official responsible for conducting nutrition education fills out this portion of the card. The official is to circle each nutrition education lesson number for which she or he believes the participant should receive instruction. Once the participant completes a lesson, the official records the date.

If the official believes that the participant understands the material and needs no review or repetition, he or she circles the date to show the lesson was successfully completed. However, if the official believes that the participant needs further review of the material, the date is recorded but not circled. This will alert the next official providing nutrition education that the participant has received instruction on the lesson but has not completely mastered the material and needs review. Once an official believes that the participant does understand the material, the date is circled.



Vitamin C Is Good For You

Lesson 6

Introduction

Concept: Women need more vitamin C during pregnancy. Vitamin C helps the fetus's connective tissue develop properly. Therefore, it is very important for pregnant women to eat foods that are good sources of vitamin C, every day. Young children also need vitamin C every day for proper growth and development of their teeth and bones.

Objectives: After the message the participant will be able to:

1. State two reasons why everyone needs vitamin C.
2. State why a pregnant woman needs more vitamin C.
3. State why everyone needs vitamin C every day.
4. Identify five foods high in vitamin C.

Activities

1. Describe the vegetable and fruit juices available for WIC in your local area.
2. Place food models or pictures of foods on the participants' chairs. When the participants arrive, have them categorize the foods as good or poor sources of vitamin C. After the discussion, ask participants to correct the answers they gave at the beginning of the session.
3. Demonstrate proper storage and cooking techniques of foods rich in vitamin C.

4. Evaluation

Hand out a list of foods—mostly fruits and vegetables. Ask people to put a star by the foods high in vitamin C. Collect the sheets and discuss the incorrect responses. The program is successful if participants identify correctly 75 percent of the fruits and vegetables.

Pre-test Questions

1. Why does your body need vitamin C?
2. Why do you need vitamin C every day?
3. Why do you need more vitamin C when you're pregnant?
4. What are five foods that are high in vitamin C?
5. Which foods does WIC provide that are high in vitamin C?

La Vitamina C Es Buena para Usted

Lección 6

Introducción

Concepto: Las mujeres necesitan más vitamina C cuando están embarazadas. La vitamina C ayuda a desarrollar debidamente los tejidos del bebé. Por eso, es muy importante que las mujeres encinta coman alimentos ricos en la vitamina C, todos los días. Los niños también necesitan la vitamina C diariamente para el desarrollo y crecimiento de los dientes y los huesos.

Objetivos: Después de la lección el participante podrá hacer lo siguiente.

1. Decir dos razones por qué todos necesitamos la vitamina C.
2. Decir por qué una mujer encinta necesita más vitamina C.
3. Decir por qué todos necesitamos la vitamina C diariamente.
4. Identificar cinco alimentos que son ricos en la vitamina C.

Actividades:

1. Describe cuales son los jugos de vegetales y de frutas disponibles para WIC en su localidad.
2. Ponga modelos o fotos de alimentos en las sillas de los participantes y cuando llegan, pídeles que identifiquen los alimentos que son ricos en vitamina C y los que no lo son. Después de la lección pídeles a los participantes que corrijan las respuestas que dieron al principio de la lección.
3. Demuestre la manera apropiada para guardar y para cocinar los alimentos ricos en la vitamina C.

4. Evaluación

Distribuya una lista de alimentos en cual la mayoría son vegetales y frutas. Pídeles a los participantes que pongan una estrella a lado de los alimentos ricos en la vitamina C, recoja los papeles y discuta las respuestas incorrectas. La lección tuvo éxito si los participantes indentifican correctamente 75 porciento de las frutas y vegetales.

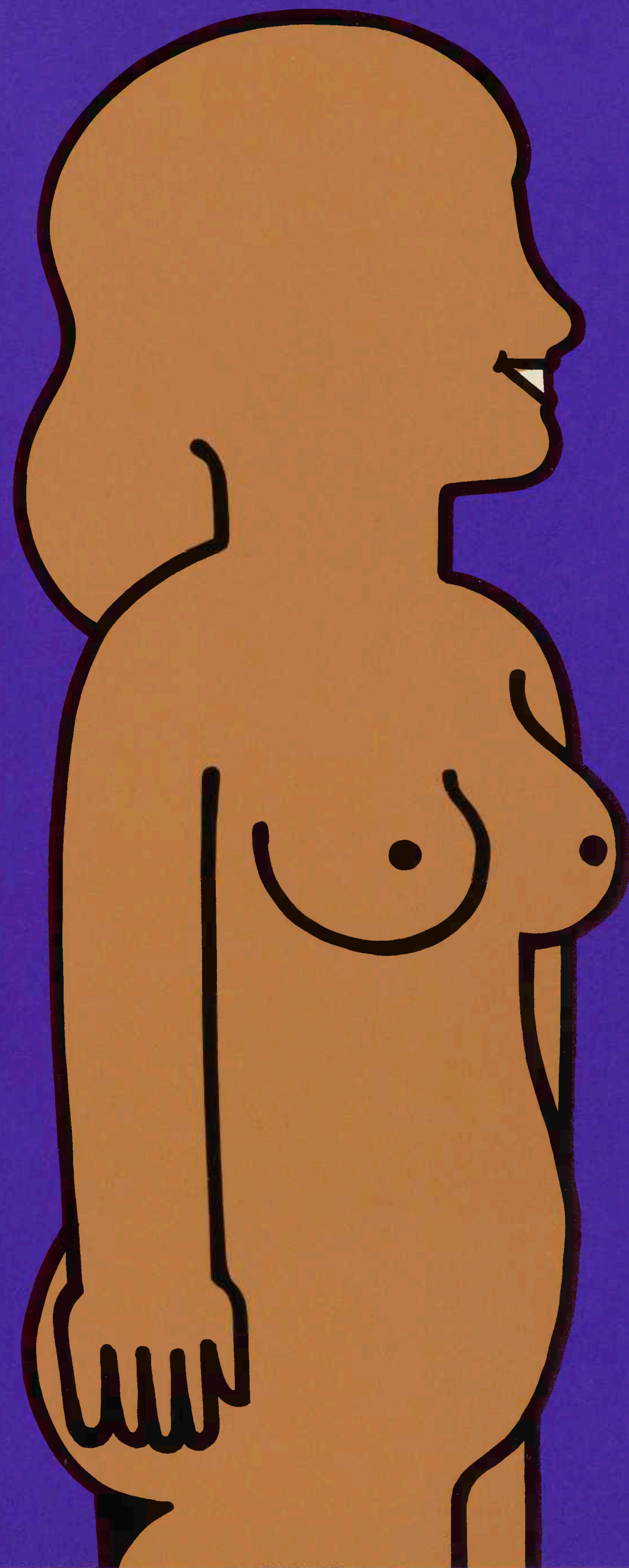
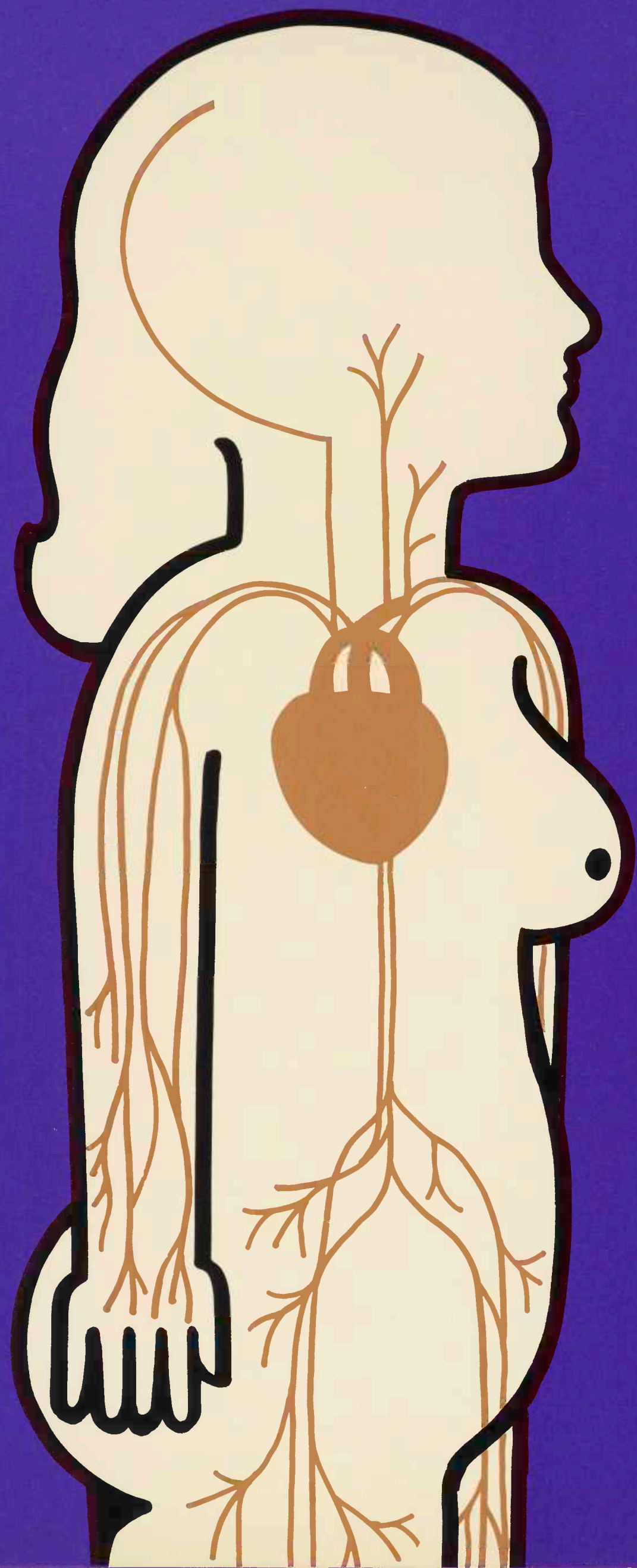
Cuestionario Antes de la Lección.:

1. ¿Por qué necesita su cuerpo la vitamina C?
2. ¿Por qué necesita usted la vitamina C diariamente?
3. ¿Por qué necesita usted más vitamina C cuando está embarazada?
4. ¿Qué son cinco alimentos que son ricos en la vitamina C?
5. ¿Qué alimentos en el paquete de comida de WIC son ricos en la vitamina C?

6. Vitamin C is good for you

1. You need vitamin C for healthy blood vessels and skin.

1. Usted necesita la vitamina C para mantener la piel y los vasos sanguíneos saludables.



2. And when you get cut or bruised, vitamin C helps the wound heal and prevent infection.

2. Cuando tiene una herida o un moretón, la vitamina C le ayuda a curar la herida y a prevenir la infección.



3. Children's gums, teeth and bones need vitamin C to grow strong and hard.

3. Los niños necesitan la vitamina C para que crezcan fuertes y duros las encías, los dientes y los huesos.



4. When you're pregnant you need extra vitamin C for you and your baby. That vitamin C must come from the food you eat. Since vitamin C is not stored in your body, you have to eat foods that are high in vitamin C every day.

4. Cuando está encinta necesita más vitamina C para usted y su bebé. La vitamina C viene de los alimentos que usted come. Como el cuerpo no puede guarda la vitamina C, usted tiene que comer alimentos ricos en la vitamina C todos los días.



5. The very best sources of vitamin C are citrus fruits and their juices. These include oranges and orange juice, grapefruits and grapefruit juice, lemons, and tangerines.

5. Las mejores fuentes de la vitamina C son las frutas cítricas y sus jugos. Estas incluyen las naranjas y el jugo de naranja, las toronjas y el jugo de toronja, los limones y las mandarinas.



6. All of the vegetable and fruit juices available through the WIC Program have vitamin C. A 6-ounce serving of any of these juices will give you all the vitamin C you need for the day. When you buy juice for your family, make sure the label says *juice* and not *juice drink*. For instance, you can buy orange juice with the WIC food voucher, but *not* orange drink. Other fruits that are good sources of vitamin C include strawberries, watermelon, cantaloupe, papayas and mangos.

6. Todos los jugos de vegetales y de frutas disponibles por el Programa de WIC tienen la vitamina C. Una porción de 6-onzas de cualquier de estos jugos le dará la vitamina C que necesita para el día. Cuando usted compra los jugos para su familia, asegúrese que la etiqueta dice jugo y no bebida de jugo. (Las bebidas de jugo son bebidas con sabor de fruta pero no son jugo puro.) Por ejemplo, usted puede comprar jugo de naranja con los cupones de WIC, pero no una bebida de jugo. Otras frutas que son ricas en vitamina C incluyen las fresas, la sandía, el melón, las papayas y los mangos.



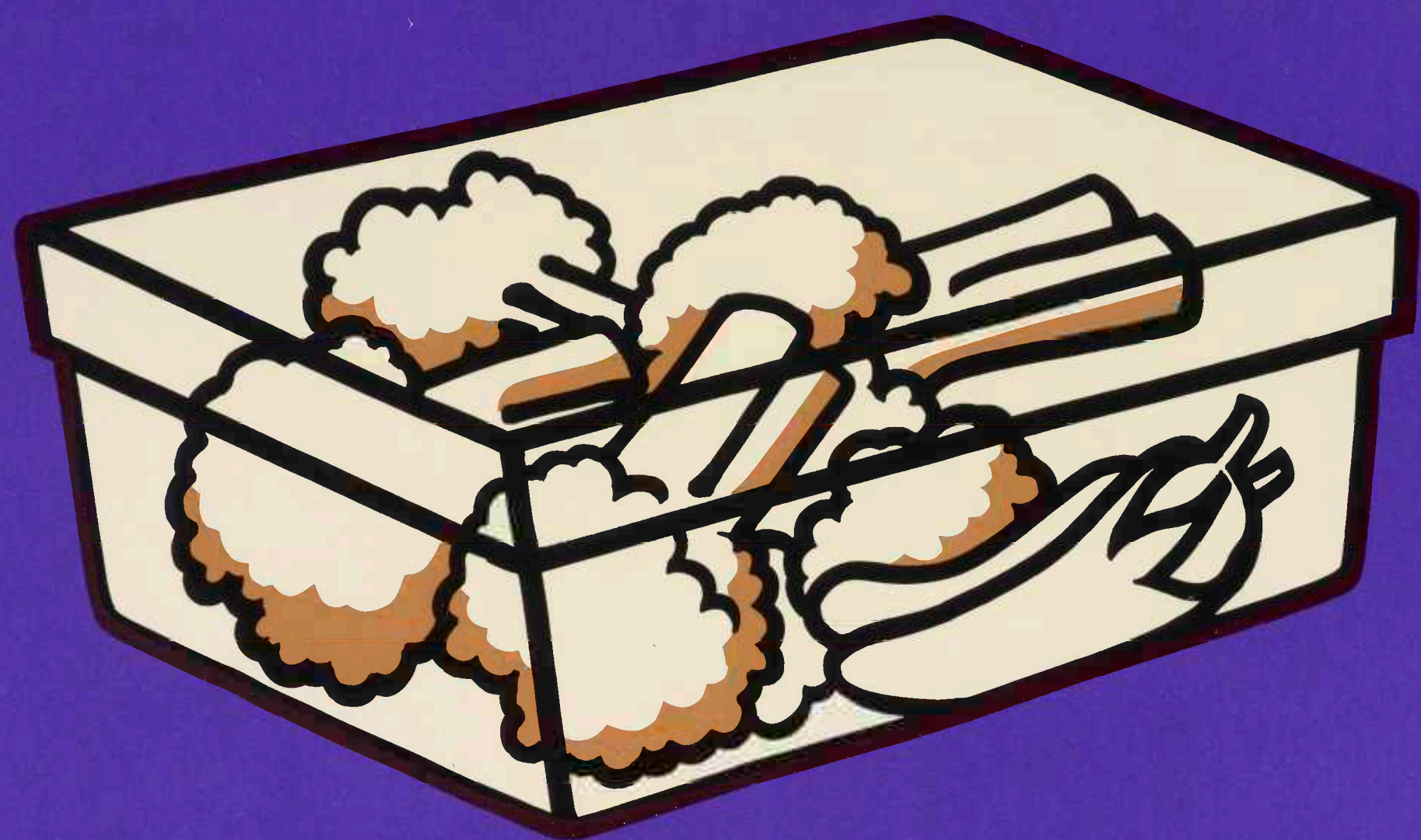
7. There are also many *vegetables* that are high in vitamin C. These include broccoli, mustard greens, green and red peppers, collards, and spinach. Others include turnip greens, potatoes, cabbage, okra, tomatoes, and turnips.

7. También hay muchos vegetales que son ricos en la vitamina C. Estos incluyen el brocal, las hojas de mostaza, los chiles verdes y rojos, y la espinaca. Otros son, las papas, el repollo, los bonbones (“okra”), los tomates y los nabos.



8. The amount of vitamin C you get from foods depends on how you store and cook them. Vitamin C is destroyed by air, so keep foods like orange juice in air-tight containers.

8. La cantidad de vitamina C que usted recibe de los alimentos depende de como usted los guarda y como los cocina. El aire destruye la vitamina C, así que guarde alimentos como jugo de naranja en un envase que no deja entrar el aire.



9. When foods sit in water, vitamin C escapes into the water. So, serve foods raw, or cook them in only a little water. Since heat destroys vitamin C, cook fruits and vegetables containing vitamin C for as short a time as possible. You can add vegetables to boiling water and cook them just until tender.

9. Cuando deja los alimentos en el agua la vitamina C se pierde y se va al agua. Así que, sirva los alimentos sin cocer o cocínelos en poca agua. Como el calor destruye la vitamina C, cocine las frutas y los vegetales que contienen la vitamina C por el menos tiempo posible. Usted puede poner los vegetales en el agua hirviendo y cocinarlos hasta que estén tiernos.



Post-test Questions and Suggested Answers

1. Why does your body need vitamin C?

Answer: Vitamin C is needed for healthy blood vessels, gums, and skin. It is important for resisting infections and for healing wounds. Children's bones need vitamin C to grow strong and hard.

2. Why do you need vitamin C every day?

Answer: Vitamin C is not stored in the body.

3. Why do you need more vitamin C when you're pregnant?

Answer: A pregnant woman needs extra vitamin C for the growth of her baby.

4. What are five foods that are high in vitamin C?

Answer: Examples could include oranges, orange juice, broccoli, strawberries, and cantaloupe.

5. Name a food in the WIC package that is high in vitamin C.

Answer: Vegetable or fruit juices (or specific WIC juices could be named).

Teaching Aids

1. *De Fuerza A Su Sangre*. Arizona State Department of Health, Maternal and Child Health Divisions, 1624 West Adams, Phoenix, AZ 85007. Price: Single copies free.

2. *Food Models*. National Dairy Council, 6300 North River Road, Rosemont, IL 60018, 1971. Price: \$5.50 per set of 146.

3. Griffiths, Marcia and Voichick, Jane, *Key Nutrients and Health: Vitamin C*, flip chart. 1975. For sale by University of Wisconsin Extension, Agricultural Bulletin Building, 1535 Observatory Drive, Madison, WI 53706. Price: \$4.00 per copy.

End of Lesson

Remember: Record lesson completion and whether or not the participant has mastered the material on the WIC Program verification of certification card.

Cuestionario Después de la Lección y Respuestas Sugeridas.

1. ¿Por qué necesita su cuerpo la vitamina C?

Respuesta: La vitamina C es necesaria para mantener saludables las encías, la piel y los vasos sanguíneos. Es importante para resistir las infecciones y para curar heridas. Los huesos de los niños necesitan la vitamina C para crecer fuertes y duros.

2. ¿Por qué necesita usted la vitamina C cada día?

Respuesta: La vitamina C no se guarda en el cuerpo.

3. ¿Por qué necesita más vitamina C cuando está embarazada?

Respuesta: Una mujer encinta necesita más vitamina C para el desarrollo de su bebé.

4. ¿Qué son cinco alimentos que son ricos en la vitamina C?

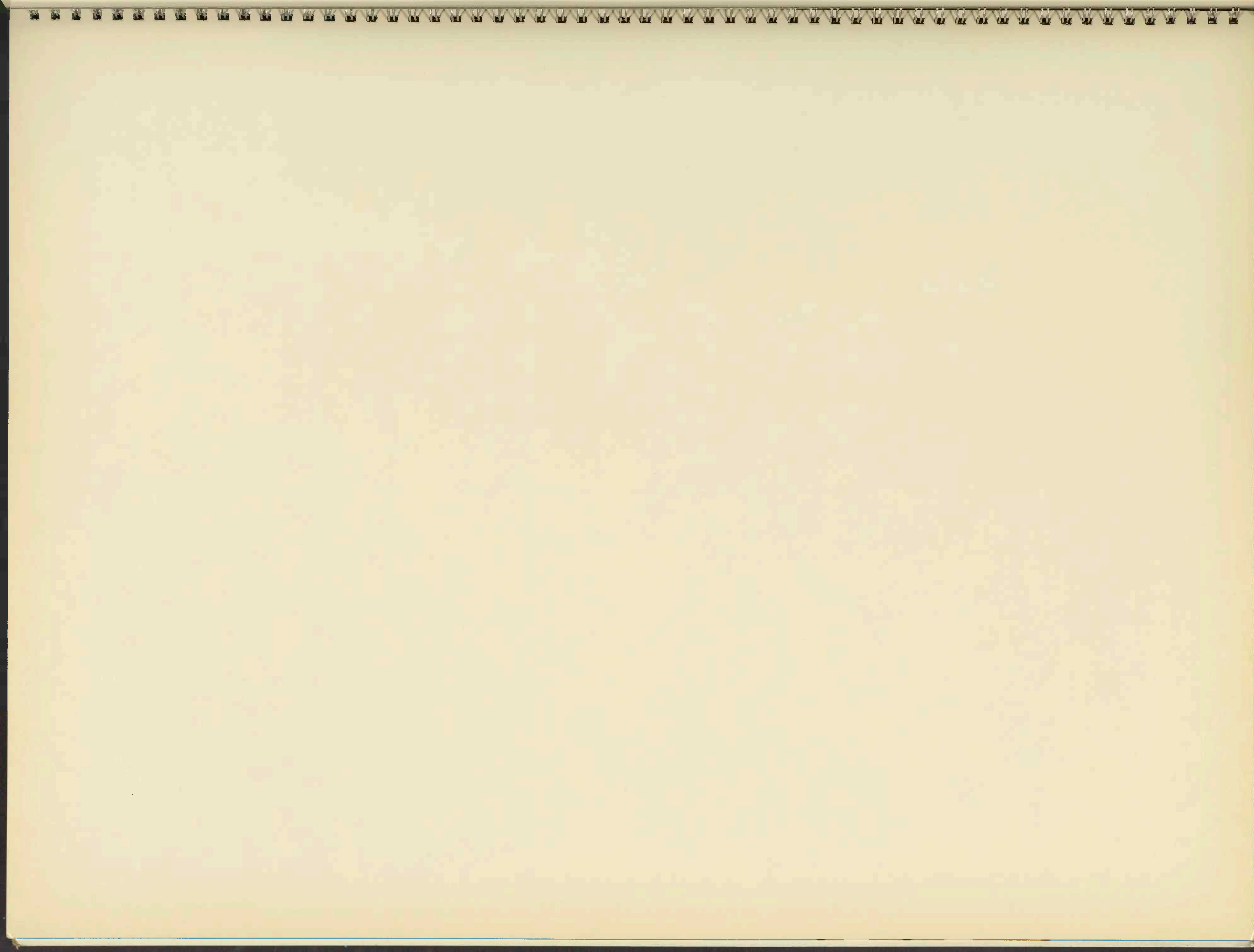
Respuestas: Los ejemplos incluyen las naranjas, el jugo de naranja, el brocoli, las fresas y el melón.

5. Nombre un alimento en el paquete de WIC que es rico en la vitamina C.

Respuesta: Jugos de vegetales o frutas (o los jugos que califican para WIC pueden ser nombrados).

El Fin de la Lección

Recuerde: Tiene que indicar en la tarjeta de verificación de certificación del Programa de WIC, que el participante completó la lección y que sí o no comprendió y aprendió la materia.



Calcium For You

Lesson 7

Introduction

Concept: Women need more calcium during pregnancy. Because the fetus needs calcium to help its skeleton develop, it is important for pregnant women to eat foods that are high in calcium, every day. Calcium is particularly important for young children. They need it to help build strong bones and teeth.

Objectives: After the message the participant will be able to:

1. State why everyone needs calcium.
2. Explain why a pregnant woman needs more calcium than anyone else in her family.
3. Identify, by selecting from food models or pictures of foods, three foods that are high in calcium.
4. State how she gets the calcium she needs each day.

Activities

1. Ask how many people drink milk and how many times a day they drink it.
2. Make a list of the foods they eat that contain dairy products.
3. Discuss the role of calcium in the body.
4. Hand out a list of the foods high in calcium and ask people to state those foods that they eat each day. Go over the lists to see how many people are meeting their calcium intake. Ask participants what they can do to increase the calcium in their diets.

5. Use comparison cards to visually show the amounts of calcium in various foods.

Pre-test Questions

1. Why does everyone need calcium?
2. Why do you need more calcium than anyone else in your family?
3. What are three foods that are high in calcium?
4. How do you get the calcium you need each day?
5. Which foods in the WIC package contain calcium?

Calcio para Usted y su Familia

Lección 7

Introducción

Concepto: Las mujeres encinta necesitan más calcio. Como se está desarrollando el esqueleto de su bebé es muy importante que la madre encinta coma alimentos ricos en calcio todos los días. El calcio es particularmente importante para los niños porque les ayuda a desarrollar los huesos y dientes fuertes.

Después de la lección y las actividades el participante podrá hacer lo siguiente:

1. Dar una razón porqué todos necesitan el calcio.
2. Decir por qué la mujer encinta necesita más calcio que ningún otro miembro de su familia.
3. Decir tres alimentos de los modelos de comidas o fotos que son ricos en calcio.
4. Decir cómo ella obtiene el calcio que necesita cada día.

Actividades

1. Pregunte al grupo cuántos toman leche y cuántas veces al día la toman.
2. Haga una lista de alimentos que los participantes comen que contienen productos lactos (de leche).
3. Discuta por qué es necesario el calcio en el cuerpo.
4. Prepare una lista de alimentos ricos en calcio y deles esta lista para que el participante la pueda llevar con ella a casa. Pídale que le digan qué alimentos de esa lista comen ellas todos los días. Revisando la lista con ellas ayúdeles a que ellas se den cuenta cuánto calcio reciben cada día. Pregúnteles a los participantes qué pueden hacer ellas para consumir más calcio en su dieta.

5. Use las tarjetas de comparación que enseña visualmente la cantidad de calcio que contienen los diferentes alimentos.

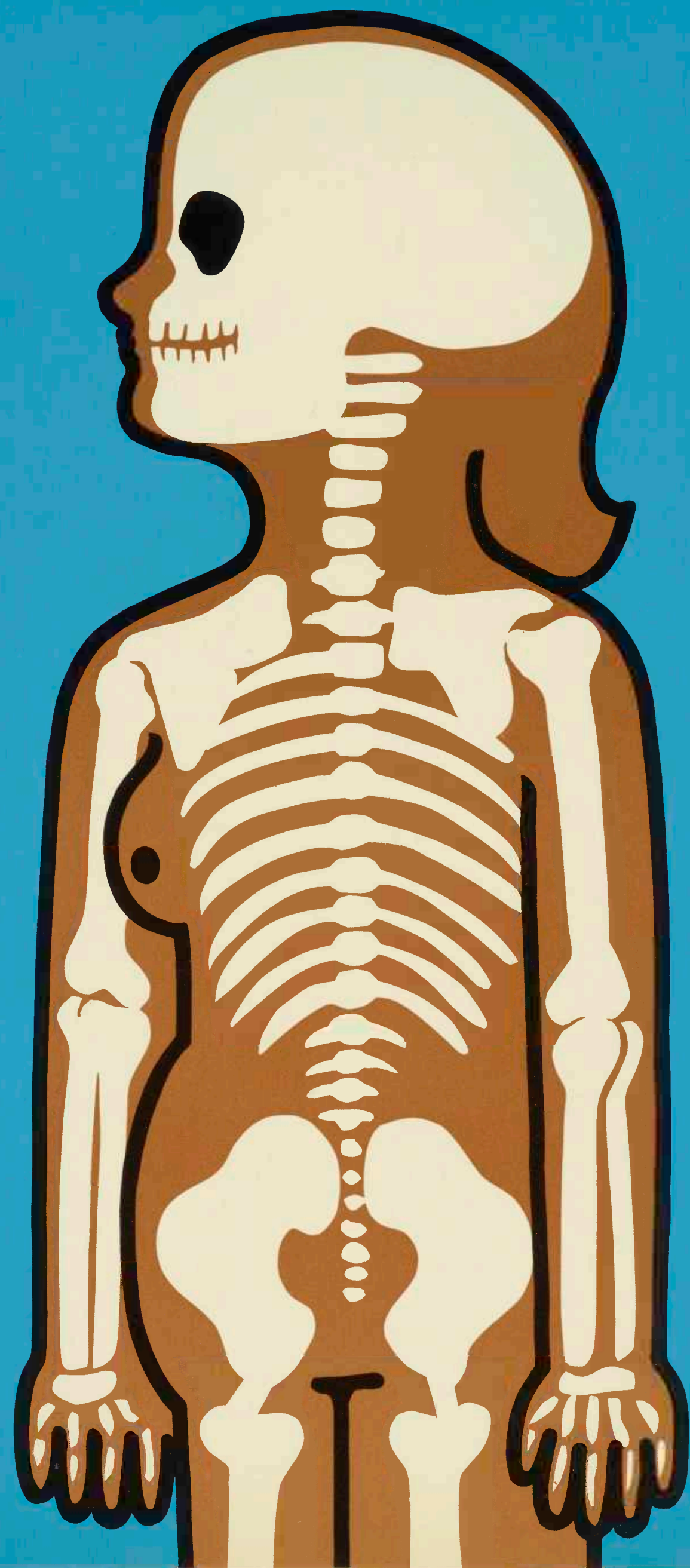
Cuestionario Antes de la Lección

1. ¿Por qué necesitan todos el calcio?
2. ¿Por qué la mujer encinta necesita más calcio que ningún otro miembro de su familia?
3. ¿Cuáles son tres alimentos que son ricos en calcio?
4. ¿Cómo obtiene usted el calcio que necesita cada día?
5. ¿Qué alimentos en el paquete de comida de WIC tienen calcio?

7 Calcium for you

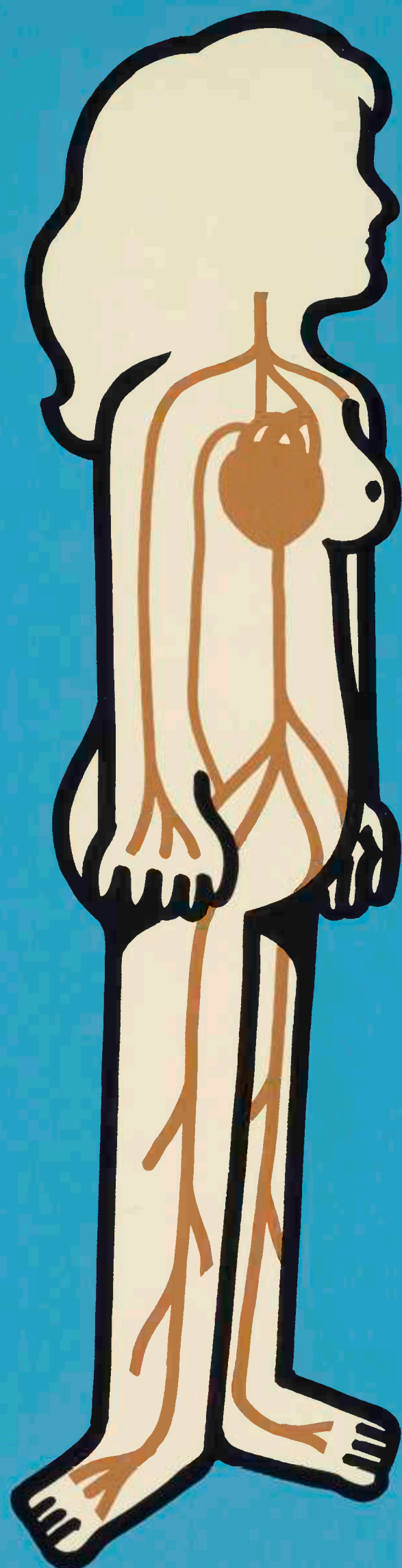
1. Everyone needs a mineral called calcium to help build strong bones and teeth. Even as adults, we still need calcium to keep them strong.

1. Todos nosotros necesitamos el mineral que se llama calcio para que nos ayude a formar los dientes y los huesos fuertes. Aun los adultos necesitan el calcio para mantener los dientes y los huesos fuertes.



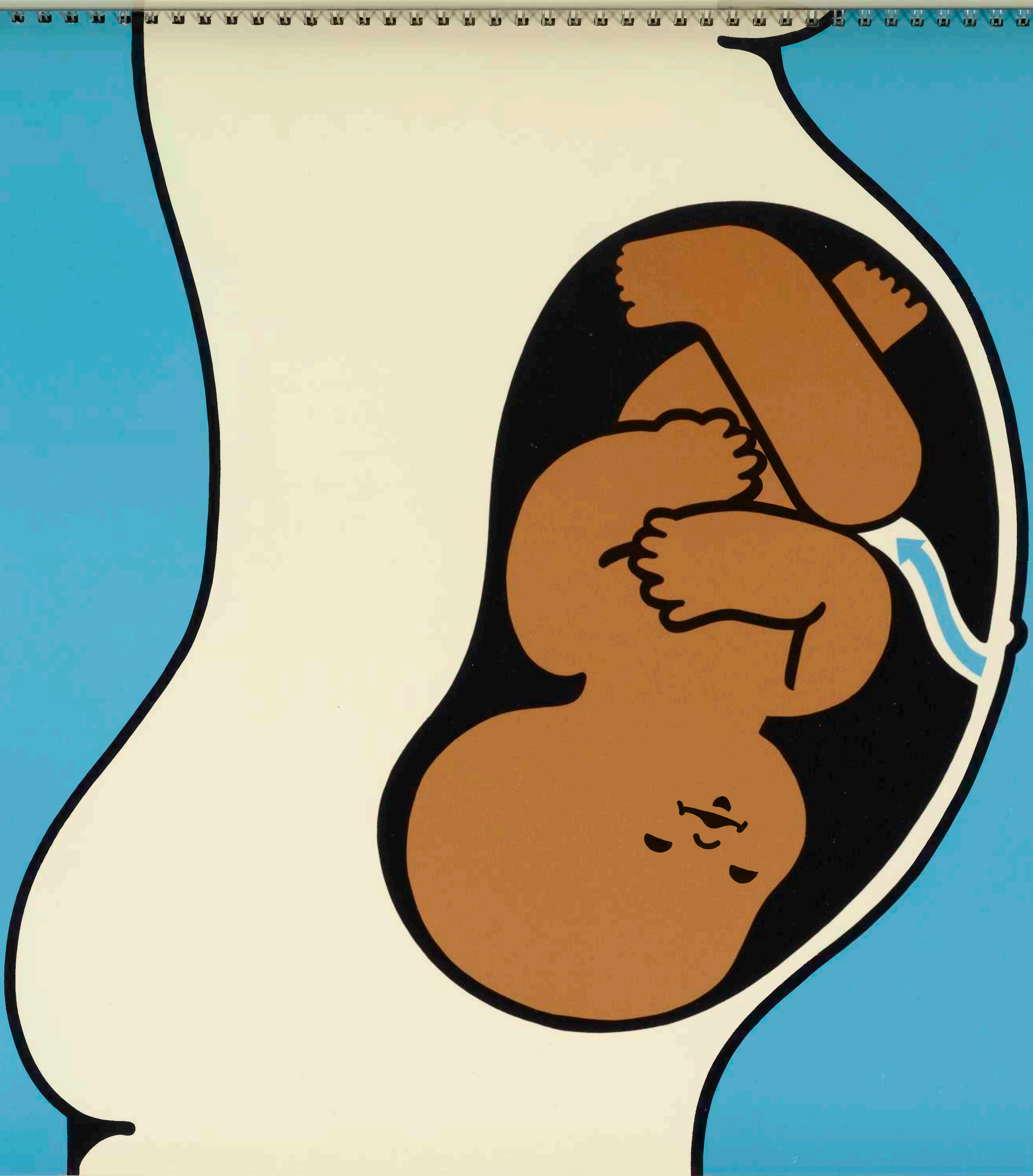
2. We also need calcium for our muscles, nerves, cells, and blood to work right.

2. También necesitamos el calcio para que trabajen adecuadamente los músculos, los nervios, las células y la sangre.



3. When you're pregnant, you need more calcium than anyone else in your family. You need more calcium for the growing baby inside you. Your baby needs calcium to help its bones and teeth develop properly. If you don't eat enough foods that contain calcium when you're pregnant, the calcium for the baby's bones will be taken from yours and then you won't have enough. If young children don't get enough calcium, their bones and teeth may not develop properly.

3. Cuando está encinta usted necesita más calcio que ningún otro miembro de su familia. Usted necesita más calcio para su bebé que está creciendo. Su bebé necesita calcio para desarrollar adecuadamente los huesos y los dientes. Si usted no come suficientes alimentos que contengan calcio cuando está embarazada, su bebé usará el calcio que se encuentra en su cuerpo y luego usted no tendrá suficiente. Los huesos y los dientes de los niños que no tienen suficiente calcio en la dieta no se desarrollarán adecuadamente.



4. You can make sure you're getting enough calcium by eating plenty of foods that are high in it. Milk is the best source of calcium. When you're pregnant you should drink about a quart of milk a day. This can be any kind of milk--whole, 2 percent, skim, or buttermilk. If you don't have refrigeration, use nonfat instant dry milk for cooking and drinking. If drinking water is unsafe, boil the water before you mix it with the milk powder. Remember that in order to prevent spoilage, the milk powder should be stored in a covered container.

4. Para asegurar que su cuerpo recibe todo el calcio que necesita, coma alimentos que son ricos en el calcio. La leche es una de las mejores fuentes de calcio. Cuando está encinta usted debe de tomar más o menos un cuarto de galón de leche cada día. La leche que usted toma puede ser del tipo que le guste a usted más, ya sea leche entera homogenizada, leche de 2 por ciento, leche descremada o jacoque. Si usted no tiene refrigeración use leche en polvo descremada para tomar y cocinar. Si el agua no está saludable, hierva el agua antes de mezclarla con la leche en polvo. Recuerde que para que la leche en polvo no se heche a perder guárdela en un envase cerrado.



5. Other good sources of calcium include cottage cheese, cheese, and yogurt. Your WIC package contains milk and cheese.

5. Otros alimentos ricos en calcio incluyen el requesón, el queso y el “yogurt”. Su paquete de comida de WIC contiene leche y queso.



6. Some vegetables are good sources of calcium. These are kale, collards, turnip greens, broccoli, and dried peas and beans.

6. Verduras que son ricas en el calcio son las que son verde oscuro como la espinaca, el brocal, las hojas de mostaza, y las hojas del nabo y también los chícharos y los frijoles secos.



7. There are many ways to get the calcium you need. Try adding dry milk powder to scrambled eggs, cooked cereals, meat loaf, and refried beans. Try making cream soups with milk or nonfat dry milk. Use more cheese in cooking. Melt cheese on tortillas or on vegetables. Add nonfat dry milk when you prepare tortillas. Eat more puddings and custards, like rice pudding or flan.

7. Hay muchas maneras para obtener el calcio que necesita. Agregue leche en polvo a los huevos revueltos, a los atoles, a las albóndigas de carne y a los frijoles refritos. Haga sopas de crema con leche fresca o en polvo. Use más queso en sus comidas. Derita el queso en los vegetales o en una tortilla. Agréguele leche en polvo a la harina que usa para preparar sus tortillas. También coma pudín y flan.



Post-test Questions and Suggested Answers

1. Why does everyone need calcium?

Answer: Calcium helps build strong bones and teeth. After our bones stop growing, we still need calcium for our muscles, nerves, cells, and blood.

2. Why do you need more calcium than anyone else in your family?

Answer: A pregnant woman needs more calcium to meet the needs of the growing baby inside her. If she doesn't eat enough high-calcium foods during pregnancy, the calcium for the baby's bones and teeth will be taken from her bones.

3. What are three foods that are high in calcium?

Answer: Milk, cheese, and ice milk.

4. How do you get the calcium you need each day?

Answer: By drinking three glasses of milk, eating cheese, and eating other high calcium foods every day.

5. Which foods in the WIC package contain calcium?

Answer: Milk and cheese.

Teaching Aids

1. *Comparison Cards*. National Dairy Council, 6300 North River Road, Rosemont, Illinois 60018, 1972. Price: \$5.00 per set.

2. Stucky, Virginia Towes, R.D., *Nutrition for the Nation*. Order from the Diet Teaching Programs, Inc. #209, 1000 South Woodlawn, Wichita, KS 67218. Price: Free.

Reference

Food and Nutrition, Supplemental Lessons for Training Extension Aides, "Key Nutrients, Lesson 4," 1970. For sale by the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402. Price: 55 cents.

End of Lesson

Remember: Record lesson completion and whether or not the participant has mastered the material on the WIC Program verification of certification card.

Cuestionario Después de la Lección y Respuestas Sugeridas:

1. ¿Por qué necesitamos todos el calcio?

Respuesta: El calcio nos ayuda a formar los dientes y los huesos fuertes. Después de que dejan de crecer nuestros huesos, necesitamos el calcio para que trabajen adecuadamente los músculos, los nervios, las células y la sangre.

2. ¿Por qué la mujer encinta necesita más calcio que ningún otro miembro de su familia?

Respuesta: La mujer encinta necesita más calcio para su bebé que está creciendo. Si usted no come suficientes alimentos ricos en calcio cuando está encinta, su bebé usará el calcio que se encuentra en sus huesos y luego usted no tendrá suficiente.

3. ¿Cuáles son tres alimentos que son ricos en calcio?

Respuesta: La leche, el queso y la leche congelada ("ice milk").

4. ¿Como obtiene el calcio que necesita cada día?

Respuesta: Tomando tres vasos de leche, comiendo queso y comiendo otros alimentos ricos en calcio todos los días.

5. ¿Cuáles alimentos del paquete de comida de WIC tienen calcio?

Respuesta: La leche y el queso.

El Fin de la Lección

Recuerde: Tiene que indicar en la tarjeta de verificación de certificación del Programa de WIC, que el participante completó la lección y que sí o no comprendió y aprendió la materia.

